A LOOK AT THE GREATEST OUTDOOR SHOW ON EARTH
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PLEASING PICKY EATERS
FAMILY COOKBOOK AUTHORS SHARE 'FAST FOOD' RECIPES {page 13}

BRINGING SEXY BACK
TIMBERLAKE, BIEL ON AGAIN?
{page 12}

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CALGARY metro®
Monday, July 11, 2011
www.metronews.ca
News worth sharing.

What's in a name?

A pair of young moose are tranquilized and stumble on Amanda Greep's front lawn in Pineridge One of the moose is named after Greep's soon-to-be-born daughter

JEREMY NOLAIS/METRO

Officials load Lucille the moose, who weighs an estimated 400 pounds, into a truck to be transported out of the city yesterday.

Long after Lucille Greep is born, she will hear the tale of how a nimble moose came to share her name.

It all started yesterday morning when two moose — believed to be brother and sister — ran through the community of Pineridge, forcing wildlife officials to pursue them for hours.

Finally, crews were able to get in close enough to stall the duo with tranquilizer darts. The female moose stumbled and fell right next to the door of Amanda Greep's home.

She heard a commotion and opened a window to see the two unconscious creatures.

"Had I come out and they were still walking around it would have been frightening," she said.

Wildlife officer Philip Marasco later decided to name the female after Greep's soon-to-be-born daughter, Lucille, who is expected in about two weeks.

"I'm just a little sentimental that way," he said.

Greep welcomed the decision. "I think it's really awesome. That's going to make a really good story to tell her."

JEREMY NOLAIS

City

Testing out free parking

Two-month-long pilot project aims to create a pedestrian-safe community
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Drought creates crisis

Arid conditions force families to leave Somalia
{pages 4-5}

Mind your emails

Don't let spelling errors get in the way of your career
{page 18}

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‘June snow’ causing allergy issues

The sneezing, congestion, difficulty breathing and other symptoms allergy sufferers endure are at an unusual high for some now that ‘June snow’ is flying around the city.

The “snow,” which is actually a residue shed by trees, and also created by weeds and grass, is a combination of pollen and different fungi, and can cause many different reactions. The fluff in the air right now is mainly from poplar trees.

“I’ve been back in Calgary for seven years, and I’ve never seen it this bad before,” said Mandy Gratton. “It’s everywhere.”

Gratton is using anti-histamine medication, but says she is considering asking a doctor for something stronger, as she finds over-the-counter medications are not working.

Frances Coates, owner of Aerobiology Research Laboratories, said there is no way to change the amount of pollen in the air.

According to her, the late spring and cold weather delayed the process of trees that produces the ‘snow’, and now the warm weather is causing its increase. YASMIN JASWAL

“It’s a natural phenomenon. The only way that people can avoid them is to stay inside.”
FRANCES COATES, OWNER OF AEROBIOLOGY RESEARCH LABORATORIES

TODD VAUGHAN/FOR METRO

▶ Hugo Morrin parked his minivan along Edmonton trail during the weekends trial parking period. Vehicles are allowed to park for free in the shoulder lanes for the next 2 months.

Residents welcome free-parking trial

City launches two-month pilot project on Edmonton Trail ◐ Alderman says project could expand to weekdays, others roads in future

JEREMY NOLAIS
@METRONEWS.CA

In a bid to build walk-friendly and safe communities, the City of Calgary has opened curb lanes on Edmonton Trail to free parking on weekends.

Although most motorists don’t seem to know about the two-month-long project — only a handful of vehicles were parked on the generally busy thoroughfare yesterday afternoon — most talked to by Metro deemed it a step in the right direction.

“We have had problems with parking before so the idea of having parking is great,” said Mauro Martina, owner of the Edmonton Trail business Over-east Breakfast.

Martina added that he is hopeful the project will improve business in the area.

Area Ald. Gian-Carlo Carra fully supports the project and said positive feedback could see the project expanded to include weekday off-peak hours and other main commuter routes in the city.

Testing

- Some residents near Edmonton Trail did express concern over the small amount of signage notifying motorists of the free-parking trial.
- Among the aims of the project are gauging interest in on-street parking in the area, providing more convenient access to businesses and minimizing public parking in adjacent residential areas.
- The city will keep tabs on usage, safety, traffic flow and alignment with the Calgary Transportation Plan during the project.

“I think it’s sort of testimony to the new approach city hall is taking, which is let’s try things,” Carra said. “We are talking about building a city that grows up and not outwards, a city that is full of vibrant neighbourhoods, walkable communities, diverse (and) real places.”

WITH FILES FROM TODD VAUGHAN

1 news

Losing a house just the beginning of debt nightmare for Spanish mortgage defaulters.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Should a DUI conviction be enough to keep immigrants out of Canada? Guidy Mamann explores potential costs to our economy at metronews.ca/immigration

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Somalia drought 'worst' crisis: UN

Thousands are fleeing their home country But refugee camps are full, lack adequate food and shelter

REBECCA BLACKWELL/THE ASSOCIATED PRESS

▶ Luul Jeele, 23, holds her one-year-old son Issack Ahmed yesterday as she waits for her father to construct a makeshift shelter for their family, on the outskirts of the Dagahaley camp, outside Dadaab, Kenya. It took the 15-person family of Rage Mohamed five days to make the journey from their drought-stricken home in Somalia. They spent two nights sleeping in the open air under a thorny acacia tree prior to receiving tarps yesterday.

The head of the UN refugee agency said yesterday that drought-ridden Somalia is the "worst humanitarian disaster" in the world after meeting with refugees who endured unspeakable hardship to reach the world's largest refugee camp.

The Kenyan camp, Dadaab, is overflowing with tens of thousands of newly arrived refugees forced into the camp by the parched landscape in the region where Somalia, Ethiopia and Kenya meet. The World Food Program estimates that 10 million people already need humanitarian aid. The UN Children's Fund estimates that more than 2 million children are malnourished and in need of lifesaving action.

Antonio Guterres, the head of UNHCR who visited Dadaab yesterday, appealed to the world to supply the "massive support" needed by thousands of refugees showing up at this camp every week. More than 380,000 refugees now live there.

"Nothing can compare to what we have seen this month.... I believe Somalia represents the worst humanitarian disaster in the world."
ANTONIO GUTERRES, UNHCR HEAD

In Dadaab, Guterres spoke with a Somali mother who lost three of her children during a 35-day walk to reach the camp. Guterres said Dadaab holds "the poorest of the poor and the most vulnerable of the vulnerable."

"I became a bit insane after I lost them," said the mother, Muslima Aden. "I lost them in different times on my way."

Guterres is on a tour of the region to highlight the dire need. On Thursday he was in the Ethiopian camp of Dollo Ado, a camp that is also overflowing.

"The mortality rates we are witnessing are three times the level of emergency ceilings," he said. "The level of malnutrition of the children coming in is 50 per cent. That is enough to explain why a very high level of mortality is inevitable," he said.

Dr. Dejene Kebede, a health officer for UNHCR, said there were 58 deaths in camps in one week alone in June. Most of the deaths take place at the registration office and transition facilities of the refugee camps in the southeastern Dollo region of Ethiopia, he said.

THE ASSOCIATED PRESS

U.S. flight diverted after threat found

A United Airlines flight from San Francisco to Frankfurt, Germany, was diverted to Chicago after a threat was found in a bathroom.

United spokesman Charles Hobart says in an email that Flight 926 landed at O'Hare International Airport about 1 a.m. yesterday. The plane was searched, cleared and allowed to continue on to Germany. Hobart says a crew member found a sticker with a threatening message in a bathroom and the plane was diverted "in an abundance of caution." **THE ASSOCIATED PRESS**

Ambassador issues warning to new nation

A day after the jubilation of South Sudan's independence proclamation, the U.S. ambassador to the UN warned yesterday of a "real risk" that the north-south peace process could unravel unless outstanding issues such as oil and border demarcations are quickly resolved.

Celebrations rang out Saturday in the South Sudan capital of Juba, the first day of independence after decades of civil war between Sudan's north and south. Some two million people died in the most recent war from 1983 to 2005.

Yesterday, the capital appeared hungover from its massive celebration, though small groups of people still sang and danced on street corners. The new country's national anthem played from speakers and cellphones.

PETE MULLER/THE ASSOCIATED PRESS

▶ South Sudanese gather to celebrate their first independence day in Juba on Saturday.

The joy of independence day temporarily overshadowed the ongoing hostilities between the northern army and southern-allied forces in the northern state of South Kordofan and other violence along the north-south border. The south and north have yet to agree on a demarcated border, and the issue of oil remains contentious. The south has most of the oil but it must move it through the north's pipes.

Dozens of world leaders joined a crowd tens of thousands strong in Juba on Saturday. The American delegation was led by Susan Rice, who told The Associated Press in a phone interview yesterday that the U.S. government remains "focused on the urgency of resolving" the outstanding north-south issues.

THE ASSOCIATED PRESS

FINAL DOCKING

A historic linkup for NASA

In a flight full of emotion, Atlantis made the final docking in shuttle history yesterday, pulling up at the International Space Station with a year's worth of supplies.

The station's naval bell chimed a salute as Atlantis docked 386 kilometres above the Pacific.

"Atlantis arriving," called out space station astronaut Ronald Garan Jr. "Welcome to the International Space Station for the last time."

"And it's great to be here," replied shuttle commander Christopher Ferguson.

It's the final docking to a space station ever by a NASA shuttle. Atlantis is being retired after this flight, the last of the 30-year shuttle program.

Excitement grew throughout the morning — in orbit and at Mission Control — as the kilometres melted between the two spacecraft with every circling of Earth. Every landmark, or rather spacemark, of this final two-week shuttle mission is being savoured.

Mission Control's lead flight director, Kwatsi Alibaruho, declared "This is it" as he gave the OK for the historic linkup.

THE ASSOCIATED PRESS

Tahrir crew postpones run to Gaza

Canadian activists trying to deliver aid to the blockaded Gaza Strip have decided to put off their voyage for now.

Organizers announced the decision after the Canadian ship, known as the Tahrir, had been prevented from leaving a port in Greece for several weeks.

Greece has banned vessels heading to the blockaded strip, citing safety concerns.

After inspections and administrative delays, the Canadian ship tried to leave for Gaza yesterday but was quickly turned back to shore by the Greek coast guard.

Organizer David Heap, who was aboard the Tahrir, said he's disappointed the ship wasn't able to bring aid to Gaza. But the group succeeded in drawing attention to the conditions there, he said. THE CANADIAN PRESS

Dozens of children among 101 missing after Russian ferry sinks

A half-century-old tourist boat with 188 people on board listed and sank quickly in one of the world's largest reservoirs amid wind and rain yesterday, authorities and survivors said, and dozens of children were believed to be among the 101 people missing. Two bodies were recovered.

About 30 children gathered in a cockpit in the double-decker Bulgaria moments before it sank into the reservoir on the Volga River, a survivor told the Interfax news agency. Russia's Vesti 24 television quoted another survivor as saying that the boat "tilted to the right and sank within minutes."

THE ASSOCIATED PRESS

750

Emergency teams and divers from neighbouring regions rushed to the site of the tragedy, 750 kilometres east of Moscow.

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▶ The News of the World published its final issue yesterday.

Paper expires but scandal will not die

Emails and memos reportedly show paper's executives knew more about hacking than they let on

Rupert Murdoch touched down in London yesterday to take charge of his media empire's phone-hacking crisis as his News of the World published its last edition.

But the scrapping of the 168-year-old tabloid has not tempered British anger over improprieties by journalists working for Murdoch, and his $19-billion US deal to take full control of satellite broadcaster British Sky Broadcasting remains in jeopardy.

The 80-year-old News Corp. CEO was seen reading the paper's last issue in a Range Rover as he was driven to the east London offices of his U.K. division, News International.

The drama has expanded at breakneck pace after allegations News of the World journalists paid police for information and hacked into the voicemails of young murder victims and the grieving families of dead soldiers. Three people have been arrested, including Conservative Prime Minister David Cameron's former communications chief.

The Guardian newspaper reported yesterday that emails and memos from 2007 only recently turned over to police show News International was aware that hacking was more widespread than acknowledged. THE ASSOCIATED PRESS

Worker bees' labour needs to be quantified, biologist says

They toil from the day they're born till the day they die — without pension plans, overtime pay or collective bargaining rights — to produce 87 per cent of North America's food.

Now Concordia University biologist Melanie McCavour wants recognition of the economic value of work done by bees and other crop-pollinating creatures.

Estimates of the value of global annual agricultural production provided by natural crop-pollinators are in the neighbourhood of $250 billion. Assigning a monetary value to pollination is the first step in establishing a protocol for protecting pollinators. The logic goes that if people realize the labour value of worker bees, bats, birds, beetles and butterflies, policy-makers will develop better environmental and agricultural policies.

Any alternative to natural pollinators — such as having untold numbers of humans manually spread pollen with paintbrushes and Q-tips — would be economically unfeasible, not to mention physically implausible.

"We're asking for a study to determine the exact dollar amount of these pollinators to our economy," said McCavour, who presented the issue to the North American Commission for Environmental Co-operation last month in Montreal. With a decline in bee populations, McCavour called for major changes in agriculture practices.

"We are overworking the (honey) bees so badly," McCavour said. "They're out on the road from February until the fall."

Pollination of the almond crop in the California agricultural belt uses virtually every available commercially owned honey bee in the United States - and McCavour says it's still not enough.

She suggests a simple solution: designating strips of land within the plantations to diversify the crops would attract wild pollinators to the area and reduce the honey bees' workload, she says. THE CANADIAN PRESS.

Private property tool

A property rights' group in Ontario is urging landowners across the country to get a piece of paper from the government which they say supersedes all government legislation affecting private property.

The Ontario Landowners Association has been running a campaign to convince people to get copies of their Crown patents, even though the legal weigh far from clear. THE CANADIAN PRESS

Canadian charities not so needy

Goodwill means good wages for thousands of Canadian charity workers.

An analysis of tax filings by The Canadian Press has found salaries often run well into six figures - raising questions about how money raised in the name of charity is being spent.

Charities must disclose how much their 10 highest-paid workers take home. THE CANADIAN PRESS

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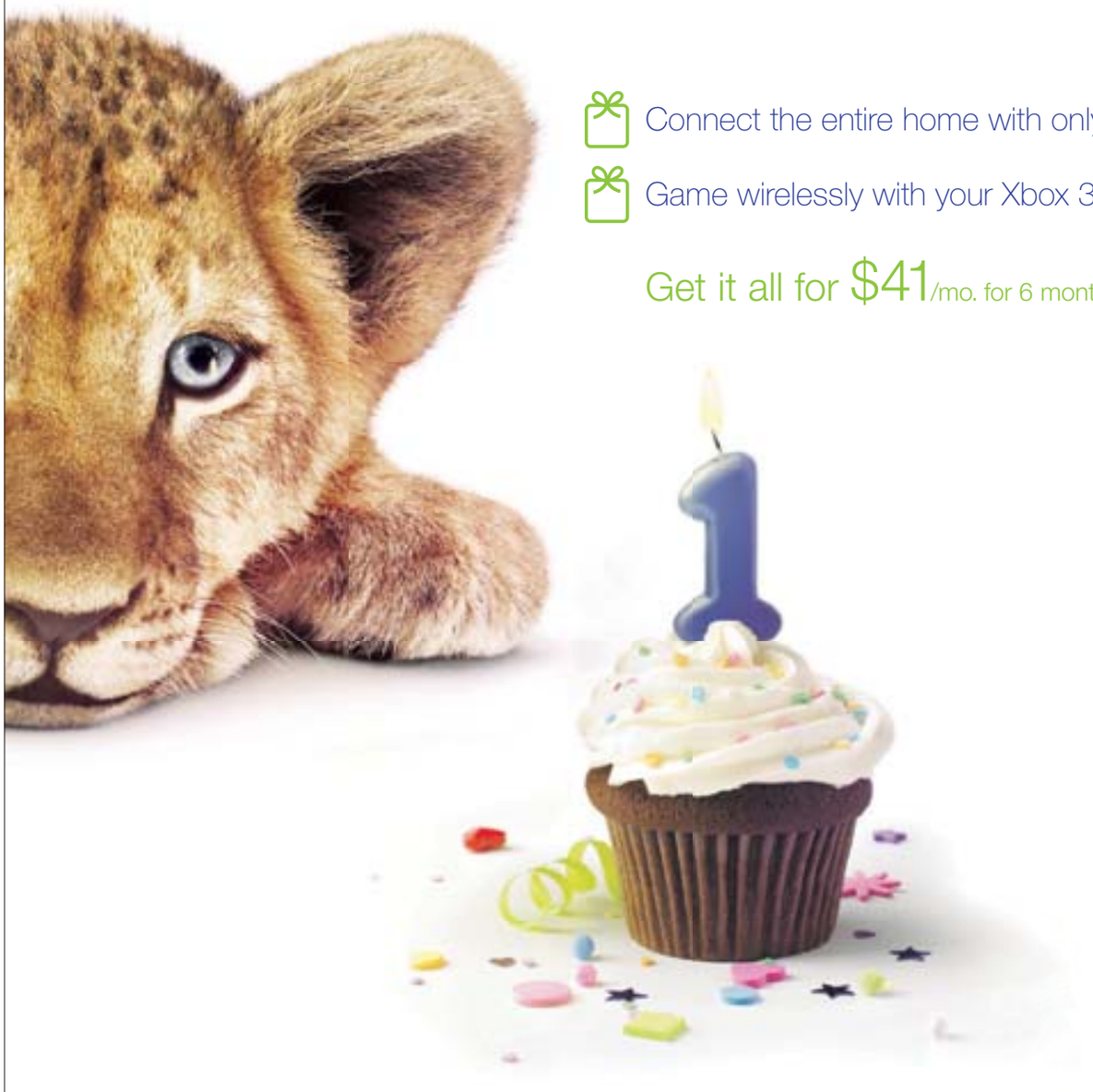

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ANIMALS ARE ROOTS OF STAMPEDE

HIGH PLAINS DRIFTER

JAMES CALLSEN
METRO CALGARY

When it comes to the Stampede, everyone has his or her favourite part.

For some, it's the drinkin', dancin' and carousin' at Nashville North. For others, it's the speed of a good midway ride or catching a great band on the Coke stage. And there are always the folks who never miss the Roundup Centre.

This cowpoke has his regular haunts, too. The famous mini-doughnuts and the ice-cold root beer stand are essential, but the best part of it all is unquestionably the rodeo and chuckwagons.

I shudder to think what the Stampede would be like if the events that made it famous ceased to exist. Nothing beats a day taking in the rodeo, followed by the heart-pumping and hoof-stomping at the chucks.

"... for starters, rodeo and chuckwagon stock are treated better than any other equine or bovine you would find on any working ranch in North America."

I know it's not very "cool" of me to sing the praises of events that the Vancouver Humane Society has likened to Roman blood sport and what some of my peers refer to as antiquated or barbarian. But for my money, the action in front of the grandstand is some of the best money can buy.

As an ex-Saskatchewanite farmboy, I might have a bit more insight into the world of rodeo than your average 20- to 30-something around here, but for starters, rodeo and chuckwagon stock are treated better than any other equine or bovine you would find on any working ranch in North America.

They are not only bred to buck, run, fight or stomp, but they live for it; not unlike any working or service animal. Secondly, rodeo stock wouldn't even be around if it weren't for the big show. (It makes me wonder what PETA's end game is. Setting all that bucking stock free on the Prairie?)

The animals are the key to the whole thing and they are treated accordingly. I've seen chuckwagon drivers reduced to tears following injuries to their animals, who are as essential (if not more) to any win as good outriders.

Call me old-fashioned, call me a barbarian, call me antiquated, but I would hate to imagine what the Greatest Outdoor Show on Earth would be like if its agricultural components were removed. It started as a celebration of the industry that allowed not only this city, but our province to flourish

To completely disregard those roots and the heritage behind the rodeo and chuckwagons would be a travesty.

Without it, the Stampede would merely be a 10-day party in an asphalt parking lot. And that doesn't sound very fun, interesting or exciting.

James Callsen is the news voice on one of Calgary's top rock stations, X92.9. Follow him on Twitter @newsboycallsen

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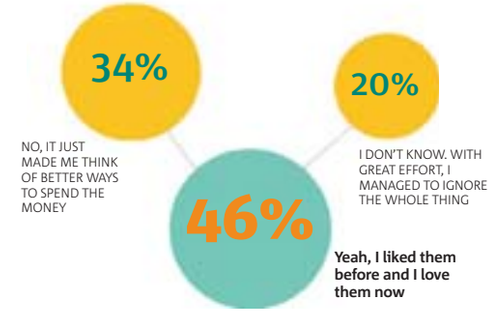
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46%
Yeah, I liked them before and I love them now

Local tweets

- **@X929:** How does a guy make the choice to become a Human Cannon ball? And is this viewed as a good or bad life decision? #yyc #randomthoughts — Matt
- **@maweaa:** Apparently tuscany is not mountain time because my blackberry keeps prompting me to change the time zone ... #yyc
- **@davidswann:** At proud liberal rally at olympic plaza with lots of energized young libs and leadership candidates. #ableg #ablib #abpoli #yyc
- **@KimJohnston:** Is there reason to be cautious of taking someone up on their front-yard parking offers in the 'hoods around #YYC Stampede Grounds?
- **@HeatherC_YYC:** At the International arrivals gate at #yyc airport. Each guest greeted with YAHOO & a live country band. Jetlagged & freaked. #stampede
- **@Megatron42069:** Dear calgary airport, why the hell do you have clowns dressed up as cowboys?! So unnecessary. Thanks for making me cry in public #yyc

Worth mentioning

DVUR KRALOVE, Czech Republic. She's the last northern white rhinoceros on view anywhere in Europe — but zookeepers are hoping lonely Nabire will find solace with a southern rhino 11 years her senior.

Another northern white — Nesari — died here in her sleep in May at age 39, further reducing the world's dwindling population of the critically endangered animal.

To help her cope with the loss of Nesari, keepers have decided to team up 27-year-old Nabire with a new partner, 38-year-old male Natal. Natal is a southern white, another rhino subspecies.

They were seen snuggling, lazing in the sun and eating and sleeping in their enclosure late last week.

With rhino horns considered a cure for everything from colds and fevers to high blood pressure, impotence and other ailments, poachers have decimated rhino populations in Africa and elsewhere.

The northern white rhino is the most highly endangered mega-vertebrate on Earth.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Count your silverware if he stops by

An 11-year-old boy in Brazil's northeastern city of Mossoro is drawing attention with his purportedly magnet-like qualities.

The Globo TV network has broadcast images of Paulo David Amorim demonstrating how forks, knives, scissors, cooking pans, cameras and other metal objects seem drawn to his body and remain stuck on his chest, stomach and back.

The boy's father told Globo that he decided to test his son after learning of a boy in Croatia with a similar ability. Junior Amorim said he was surprised to find "a fork and knife stuck to his body."

The youth said classmates call him "magnet boy."

Dr. Dix-Sept Rosado Sobrinho told Globo it is the first time in his 30-year career that he has seen a case like this.

THE ASSOCIATED PRESS

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2 scene

Harry's spell lingers on

An academic weighs in on the Potter cult

Thousands of Harry Potter fans are camped out at London's Trafalgar Square last week for a chance to see the premiere of the final Harry Potter movie. How did a book character manage to get such a following? Metro spoke with Michael Drout, Professor of English at Wheaton College and an expert on fantasy literature.

The Narnia series and the Lord of the Rings are excellent books. What makes people go gaga over Harry Potter?
Fantasy has become popular anyway, but the drawback with Tolkien and C.S. Lewis is that they take themselves too seriously. The fate of the universe is always at stake. J.K. Rowling took fantasy and inserted humour. She's also very good at creating characters. Her characters are not the cardboard characters you usually get in fantasy.

But why do people relate to Harry Potter?
He's literally a Cinderella story, and he taps into the idea that anyone can be the most important person in the universe. He's also moral compass of sorts: he's loyal and he knows what's right and wrong. And like all fantasy, the Harry Potter books put readers into a position where they can change the world. Also, Rowling doesn't get enough credit for being a decent writer. METRO

COURTESY WARNER BROS. P

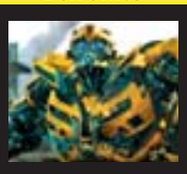
▶ "Harry Potter has been a force for good," says Professor Michael Drout. "He has gotten young people reading and thinking about good and evil."

Here's what's changed since The Sorcerer's Stone

A young boy discovers a world of magic at Hogwarts, his eyes wide and full of wonder—until the dark lord Voldemort returns to take revenge. "Stone" was directed by the kid-friendly Chris "Home Alone" Columbus.	THE PLOT	All out war. Harry must now defend Hogwarts and everyone good from old Voldie. The final installments were directed by David Yates, known for adult dramas.
Professor Dumbledore was originally played by Richard Harris, who died in 2002 after filming the second "Potter" film.	THE MENTOR	Michael Gambon inherits Dumbledore's beard. Later, author J.K. Rowling reveals the character is gay.
None in the first film. Unless you count Hagrid's love of animals.	SEX!	Ron and Hermione enjoy a full-on snog. And the final scene—spoiler alert! —should prove they had intercourse. Harry, too. Not all together.
Voldemort is seen only briefly in the first film, growing out of the head of Professor Quirrell in a surprise ending.	THE NEMESIS	Voldemort (played by Ralph Fiennes) is not shy anymore. Who can blame him, with those good looks.
$974,775,550 for "Harry Potter and the Sorcerer's Stone"	THE WORLDWIDE BOX OFFICE	$6,369,976,303 for the first seven movies combined

THE CAST then and now

Box office



According to studio estimates yesterday, Transformers: Dark of the Moon held the No. 1 spot again with $47 million domestically in its second weekend. The Paramount Pictures blockbuster raised its total to $261 million, shooting past The Hangover Part II to become the year's biggest domestic hit. THE ASSOCIATED PRESS

Rick Rubin credits Adele's success to honest lyrics, talks about next Chili Peppers record

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Justin's bringing sexy back — well, at least for Jessica

Rumour has it this very pretty pair are giving it another shot

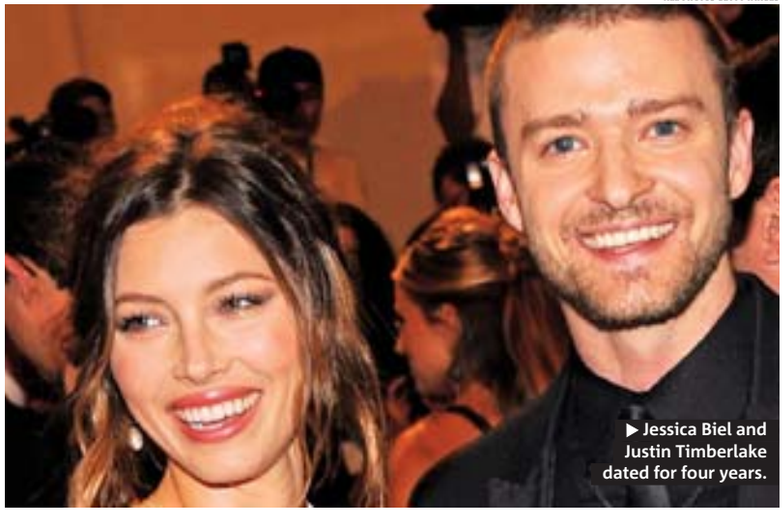
ALL PHOTOS GETTY IMAGES

While he's been making headlines with several famous beauties including Scarlett Johansson and Olivia Wilde since breaking up with Jessica Biel, Justin Timberlake reportedly isn't over his ex.

And sources tell Us Weekly that the pair, who split up after four years in March, are quietly giving their relationship another go.

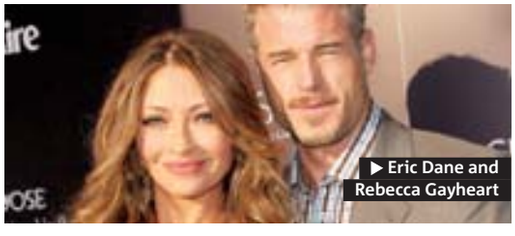
"They have been talking the whole time and decided to give it another shot," a source says. "Jessica really wanted to get back together with him and Justin realized single life is not what it's cracked up to be."

METRO



▶ Jessica Biel and Justin Timberlake dated for four years.

Kristen Stewart reportedly wants off the list of actresses being considered to play Casey Anthony in any movie about the recently acquitted Florida woman. "Her people are really annoyed about the Casey Anthony comparisons," a source tells Us Weekly. "She would never for no amount of money portray that girl. It's grossing her out. All those entertainment shows are doing polls and what not and her people just want it to stop." METRO



▶ Eric Dane and Rebecca Gayheart

One on the way

Eric Dane and Rebecca Gayheart are expecting their second child, the couple confirms to People magazine.

Their first child, daughter Billie, was born in March 2010. And parenthood has done wonders for their relationship, Dane admits. "You know, I'm a hundred times more attracted to her now and I love her exponentially more than I did before. It's just great to see her be a mother," he tells the magazine. Coincidentally, Celeb Rehab star Keri Ann Peniche, who infamously co-starred with the couple in a leaked sex tape in 2009, also announced that she's expecting a child, according to E! Online.

METRO

▶ The Beckhams haven't announced their baby's name.

Posh and Becks have a baby girl

David Beckham's spokesman said the soccer star's wife Victoria has given birth to a healthy baby girl Sunday.

Simon Oliveira said the celebrity couple is "delighted to announce the birth of their daughter."

"Happy and healthy she arrived at 7.55 am this morning at Cedars Sinai hospital in Los Angeles and weighed 7lbs 10oz," Oliveira posted on Twitter, adding the Beckhams' three sons "are excited to welcome their baby sister to the family."

The Beckhams, who married in 1999, already have three boys: Brooklyn, 11, Romeo, 8, and Cruz, 5.

The family have yet to announce a name for the little girl, who was born the morning after Beckham scored directly from a corner kick to give the Los Angeles Galaxy a 2-1 victory over the Chicago Fire.

THE ASSOCIATED PRESS

Celebrity tweets

@lindsaylohan

"is anyone else excited to see Horrible Bosses? coz i can't wait!!"

@CarrieFFisher

"I now follow @simonpegg everywhere he goes- I want you to know there's no funny stuff between us. He's a married man with children."

@charliesheen

"Heading to the Insane Clown Posse's 12th Annual Gathering Of The Juggalos!! 8/13/11 WHY..? Cause I'm down with the clown. Whoop!! Whoop!!"

@JuddApatow

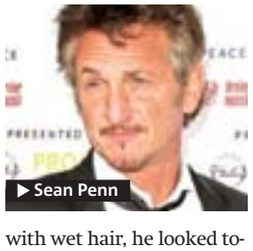
"Behind the music Missy Elliot. So good. Get yer freak on."

Penn on the rebound

Sean Penn seems to have gotten over his split from Scarlett Johansson, as the Oscar-winning actor has been hitting the town in L.A. with presumed new girlfriend Stacey Koplin, according to Page Six.

The pair grabbed breakfast at a rooftop restaurant at the Peninsula Hotel in Beverly Hills recently before hitting the beach.

"She came up to the roof with wet hair, he looked totally frazzled," a source says of their morning meal. "They ate and had coffee, but they were talking about something intense. They were deep in conversation the entire time." METRO



▶ Sean Penn

Two speedy meals

The authors of the cookbooks Time for Dinner and The Sneaky Chef provide three recipes to feed your family... naturally Skip the fast food and feel good about these choices

#1. Please-Everyone Pizzas

4 portions
Prep time: 15 min.
Total time: 45 min

From Time for Dinner by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

Take orders from the kids before the food goes in the oven and you minimize potential tableside protests. By changing toppings every few inches, this faster-than-Domino's version becomes a meal kids and adults can get excited about. Why not just order takeout? Because you're giving them a wholesome, healthy version of their favourite.

Ingredients:

- 2 tablespoons olive oil
- 1 sprinkle flour
- 1 12-to-16-ounce ball prepared pizza dough
- 1 small onion, chopped
- 1 large zucchini, shredded
- Salt and pepper
- 1 cup marinara sauce
- 1 ball fresh mozzarella, sliced into thin rounds

Preparation:

1. Preheat oven to 400 degrees F.
2. Brush half of the olive oil onto a large backing sheet and sprinkle it with flour.
3. Stretch the pizza dough into a 15-by-8-inch rectangle.
4. Sauté the onion and zucchini in the remaining olive oil until softened. Season with the salt and pepper.
5. Top part of the dough with the marinara sauce and fresh mozzarella, and part of it with your zucchini topping.
6. Bake pie until crust has browned and the cheese has melted, 25 to 30 minutes. Slice and serve.

#2. Masterful Mac 'n' Cheese

4 portions
Prep time: 20 min.
Total time: 35 min

From The Sneaky Chef by Missy Chase Lapine

Ingredients:

- 1/2 pound macaroni
- 1 1/2 cups milk
- 1/4 to 1/2 cup White Puree (see below)
- 1/2 teaspoon salt
- 2 cups grated low-fat Colby or cheddar cheese

Preparation:

1. Preheat oven to 375 degrees F. Butter a 9-inch square baking pan.
2. Bring pot of salted water to boil over high heat. Add macaroni and cook according to the package directions, until firm and slightly undercooked. Drain; set aside.
3. In bowl, whisk milk with the White Puree and salt.
4. Put half of macaroni into baking pan and top with half the cheddar (or Colby) cheese. Then layer with the rest of the macaroni, and pour milk mix over the top, finishing with the last of the cheese on top.

White Puree

- 2 cups cauliflower florets
- 2 medium zucchini, peeled and roughly chopped
- 1 teaspoon lemon juice
- 3–4 tablespoons water

Steam cauliflower in steamer over 2 inches of water, using tightly-covered pot, for 12 mins.

Pulse raw peeled zucchini with lemon juice. Drain cooked cauliflower. Add it to pulsed zucchini in bowl of food processor with two tbsp of water. Puree until smooth. Stop occasionally and push contents from top to bottom. If necessary, add rest of water to make smooth puree.

3 life

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A unique salad combo

Combining corn, tomato and melon may sound a little strange, but — when done right — it can be delicious The flavours balance each other

For Nate Appleman, a great salad is about balance. "That balance changes throughout the year and depends on what is in season," said Appleman, a star of Food Network's The Next Iron Chef.

His inspiration starts when shopping. "I pick one central ingredient and build from there, keeping in mind a balance of crisp, sweet, salty, and sour," he said. Here he offers a salad of tomatoes, raw corn and cantaloupe dressed with a jalapeno vinaigrette.

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This salad takes 30 minutes to make and serves six.

Preparation:

1. Dressing: In blender, combine olive oil, vinegar, jalapeno and oregano. Purée until mostly smooth. Season with salt, set aside.
2. To assemble, stand corn on cutting board on wide end.With knife saw cobs to remove kernels.
3. In bowl, toss together corn kernels, tomatoes, cantaloupe, radishes, cucumber and red onion. Drizzle dressing over salad, then toss again to coat evenly. Crumble feta cheese over salad.

THE ASSOCIATED PRESS

Ingredients:

Dressing
- 125 ml (1/2 cup) olive oil
- 50 ml (1/4 cup) red wine vinegar
- 2 jalapeno peppers
- 10 ml (2 tsp) dried oregano
- Salt

Salad
- 2 ears corn
- 2 large tomatoes, cut into chunks
- 1 small cantaloupe, halved, seeded and scooped with a melon baller
- 1 bunch of radishes, sliced as thinly as possible
- 1 medium cucumber, peeled and halved, then seeded and sliced as thinly as possible
- 1 medium red onion, halved and sliced as thinly as possible

250 g (8 oz) feta cheese

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Guilt-free ice cream

This healthier take uses brown sugar and almonds

Preparation:

1. In bowl, sprinkle gelatin over 15 ml (1 tbsp) water. Let stand while you make base for ice cream.
2. In saucepan, stir 35 ml (1 1/2 cups) of milk, brown sugar and cinnamon. Heat milk mixture over medium heat, stirring often, until steaming.
3. In bowl, whisk egg yolks and evaporated milk. Gradually pour in hot milk mix, whisking until blended. Return mix to pan and cook over medium heat, stirring with wooden spoon, until back of spoon is lightly coated, 3 mins. It should reach 74 C (165 F). Do not bring to a boil or the custard will curdle.
4. Strain custard through fine-mesh sieve into large bowl. Add softened gelatin and whisk until melted. Whisk in remaining 250 ml (1 cup) milk and amaretto. Cover and refrigerate until chilled, at least 2 hours.
5. In dry skillet over medium-low heat, toast almonds, stirring, until lightly browned, 3 minutes. Set aside to cool.
6. Once cool, whisk ice-cream mix and pour into canister of ice-cream maker. Freeze according to manufacturer's directions. Transfer ice cream to container, stir in almonds, cover with plastic wrap pressed into surface; freeze until firm.

THE ASSOCIATED PRESS

Ingredients:
- 7 ml (1 1/2 tsp) unflavoured gelatin
- 625 ml (2 1/2 cups) low-fat milk, divided
- 175 ml (3/4 cup) packed dark brown sugar
- 2 ml (1/2 tsp) cinnamon
- 3 large egg yolks
- 1 can (340 ml/12 oz) non-fat evaporated milk
- 15 ml (1 tbsp) amaretto liqueur or rum
- 125 ml (1/2 cup) chopped almonds

Getting back to nature

For 50 words or less, you could find yourself on a dream trip for two
Online contest offers a getaway

BEN KNIGHT
LIFE@METRONEWS.CA

Imagine if 50 words on Facebook could turn into the Canadian wilderness trip of a lifetime.

Imagine no more. In honour of Parks Canada's 100th birthday, the Canadian Parks and Wilderness Society (CPAWS) has launched the Parks Dream Contest: What's on your Bucket List?

"We launched the contest to help Canadians learn about the amazing opportunities that are offered in our National Parks," says Holly Postelthwaite, national PR coordinator for CPAWS.

"We are really trying to reach the young, urban Facebook crowd, and make them realize the amazing experiences that are waiting for them in Canada's wilderness."

You certainly don't have to be young or urban to enter — but you do need to be on Facebook.

"We wanted to make it fun, easy and simple," Postelthwaite enthuses. "You just sign in with your Facebook account, and then in 50 words or less, share a dream experience you wish to have — or have already had — in one of Canada's National Parks."

The grand prize is spectacular — a $10,000 dream trip for two to the Nahanni, courtesy of Nahanni River Adventures — will all air fare and accommodations included.

And if the word 'Nahanni' conjures up images of thundering, dangerous white water and that's not what you're into — fear not.

"You don't have to be an expert canoeist," she adds.

"They will customize the experience based on your paddling experience. If you're an extreme canoeist, they'll choose and extreme route. If you've never paddled a canoe in your life, they'll take care of you as well."

Other prizes include Mountain Equipment Co-op shopping sprees and gift cards — plus year-long passes to all the National Parks.

"We planned this contest in hopes of assembling the top 100 dream experiences to be had in Canada's National Parks. People think of going to Europe or Cancun on their vacations, so we wanted to really show them what's waiting for them in their own back yard."

Enter the contest right now at parkdreams.ca

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PHOTO COURTESY NEWFOUNDLAND AND LABRADOR TOURISM

▶ The massive, fjord-like canyons of Gros Morne National Park in Newfoundland and Labrador are one of the great sights in Canada. The park is one of three in that province

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ISTOCK

▶ Always make sure to check your emails for spelling mistakes. Heck, use a magnifying glass if you need it.

Don't let your thumbs get in the way of your career

DREW HINSHAW
METRO WORLD NEWS
LIFE@METRONEWS.CA

In the age of auto-spell check, it's tempting to thumb out double-time memos with no regard for the art of spelling. Still, career counsellors warn, your lack of SMS politeness could carry a cost.

"People are starting to move away from emails and are losing the art of putting together a complete couple of sentences," career coach Sue Thompson bemoans.

"But you need to consider to whom are you writing."

"It's all about building rapport," concurs Shirin Khamisa, founder of Careers By Design.

If your emails are responded to with snappish, unpunctuated replies — no "Hey, how are you," no "Nice to hear from you" — then you might, she suggests, keep your correspondence curt.

"But if it's a person who has a more personal touch, then I would reciprocate," she adds.

"Those niceties are very important in building relationships, even online — and especially online — because we need that glue to hold us together."

Older workers, Thompson notes, can be made uncomfortable by an overload of web 3.0 abbreviations.

"Baby boomers are going to expect a fairly concise, but formal email," she says. And they'll likely place a greater importance on spelling, she adds.

"Some people will really consider your spelling, whether you know the difference between your and you're and its and it's," she says.

"Just respect the person to whom you're writing. That's what etiquette is."

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Man of action has Heaps of 'passion'

Still going strong at 69, entrepreneur Frank Heaps has had his hand in beer, vodka and property development

HANDOUT

▶ Among other things, Frank Heaps is the current president of Iceberg Vodka in Canada.

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

"I'm not good at sitting on beaches," Frank Heaps tells me from his Toronto office. "I'm going to develop them."

I learn that they are not idle words. Frank Heaps is a man of action and at the age of 69, his entrepreneurial spirit is still driving him forward.

Heaps pioneered the micro-brewing craze in Canada when he started Upper Canada Brewing Company in 1984.

"I quit my job, put a mortgage on the family home, wrote a business plan, raised capital and then struggled like hell for five years until it caught fire."

Heaps sold the successful brewery 10 years later and thought about retirement.

"I tried watercolour, golf, bagpipe lessons, pottery classes — nothing appealed to me."

It was back to the beach and Heaps began developing a waterfront property in St. Lucia. He is also the current president of Iceberg Vodka in Canada.

"You've got to have passion. You also have to motivate yourself because if you can't do that, you're not going to motivate the people around you."

Beer, vodka and offshore property development. I can hardly wait to see what Frank Heaps does next.

Heaps of advice

Frank Heaps on starting a new business

- Find something you're passionate about.
- Check out the competition.
- Do your research. Then write a spectacular business plan.
- Demonstrate to yourself and other people that you know what you're talking about.
- Get ready for a challenging ride.

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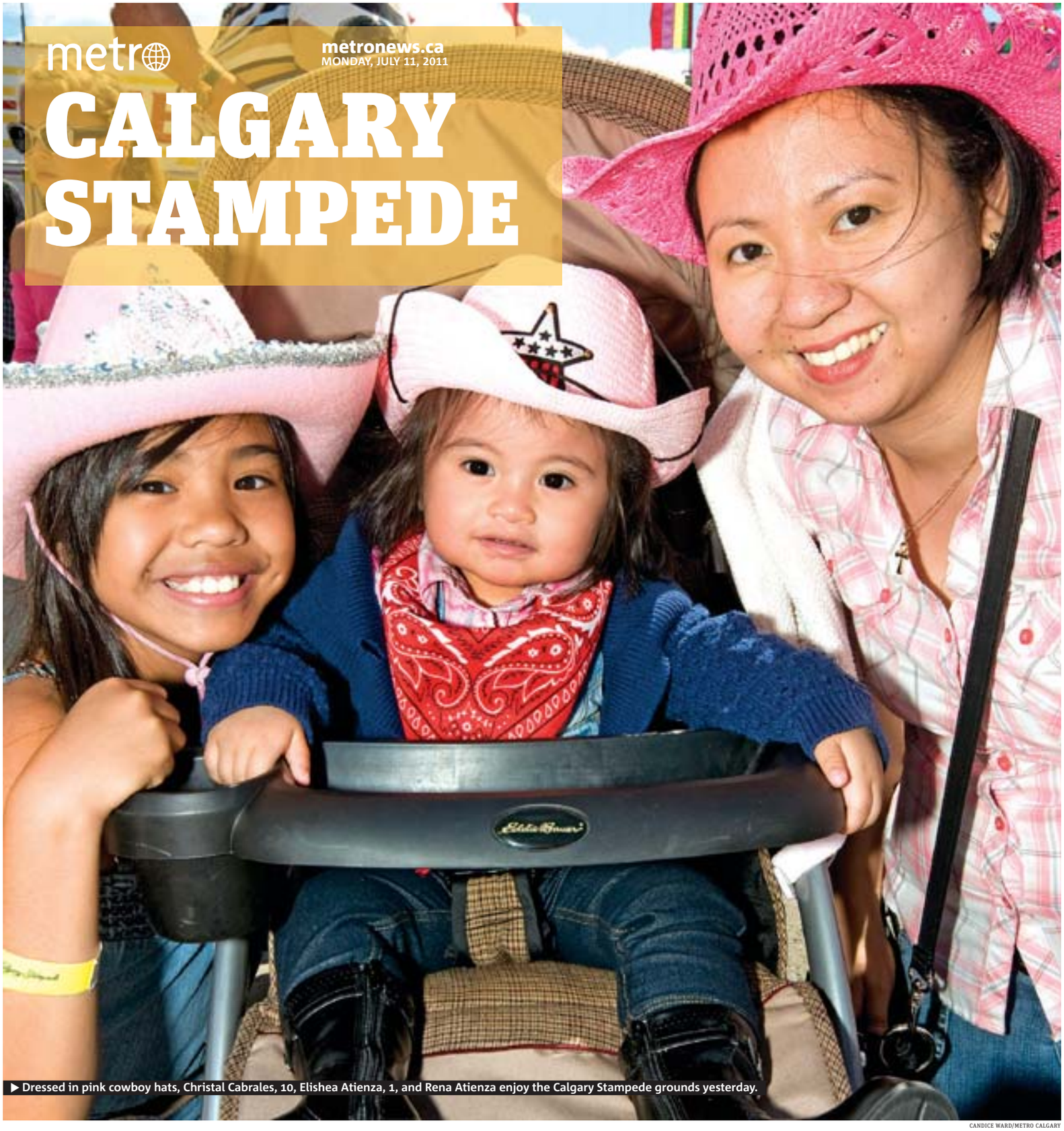
CALGARY STAMPEDE



▶ Dressed in pink cowboy hats, Christal Cabrales, 10, Elishea Atienza, 1, and Rena Atienza enjoy the Calgary Stampede grounds yesterday.

CANDICE WARD/METRO CALGARY

Police say Stampede service calls are normal

Most Calgary Stampede attendees seemed to be keeping the peace as the opening weekend of The Greatest Outdoor Show on Earth wound to a close.

Staff Sgt. Joel Deans said police have responded to 160 calls for service as of yesterday afternoon. The most common incidents are missing children during the day and intoxication at night, he said.

At this time last year, police had dealt with about the same number of calls — 157 to be exact, Deans said.

"When you consider that Stampede becomes the third-largest Alberta city during its time period, that's exceptional," he added. METRO

Countdown for country star begins

Six finalists will take the stage at Nashville North tonight to compete for the chance to open for country music star Kenny Chesney.

The semifinals took place Saturday, narrowing the list down to Armand Duckworth, Lisa Nail, Matt Masters, Blake Reid, Mackenzie Porter and Tanya Ryan. The finals begin at 6:30 p.m. in Nashville North and the winner will perform at the Scotiabank Saddledome on July 17 and receive $2,500 and a $500 gift card. METRO

CANDICE WARD/FOR METRO

▶ The Naveed and Ashir families join together to take in Family Day at the Calgary Stampede yesterday by riding the Euroslide.

The early bird gets the breakfast treats

- Free admission from 6 a.m. to 9 a.m. drew thousands of Stampede revellers to the gates
- Some lucky folks were treated to a free breakfast before soaking up day's activities

KATIE TURNER
@METRONEWS.CA

The admission gates were flooded with families yesterday during the Suncor Energy Family Day.

"We ended up having, before 9 a.m., 65,000 people come through our gates and we were able to feed 20,000 of them a free breakfast," said Stampede spokesperson Jennifer Booth. "So we're really, really happy with the number of people walking through the gates today."

Daphne O'Brien moved to Calgary with her family from Ireland five weeks ago and brought her kids to enjoy the Stampede for the first time yesterday.

"It's very good," she said, adding they plan to come back next year.

"It's absolutely brilliant. It's very well set up. You wouldn't forget it," said her husband William Delaney.

"I like the rides," said daughter Kerri.

Calgarian Matt Collins has been coming to the Stampede every year for the past 27 years and is now bringing his two young boys — Jacob, 3, and Ethan, 2.

"(We bring them) for the rides and the experience," he said. "This is Calgary."

Booth said the day is a great way for families to enjoy the Stampede attractions.

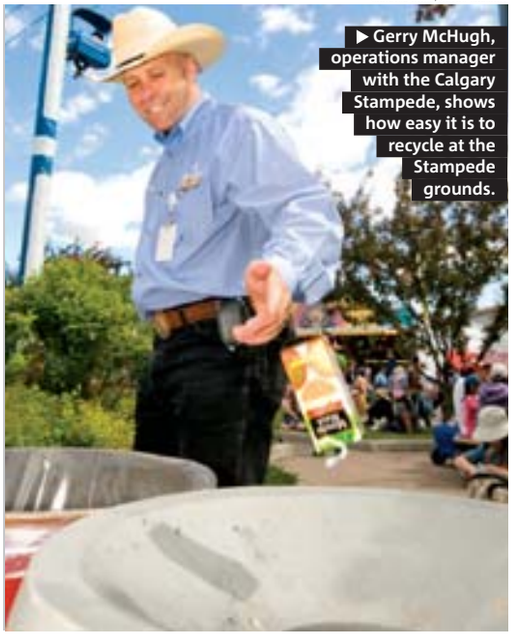
"It's a great value day for people to come, especially if you've got a big family."

Cash savers

1. Suncor Energy Family Day is just one of may value days available.
2. Western Heritage day is on Tuesday, July 12.
3. BMO Kid is Day is on July 13, and Thrifty Thursday happens July 14.

Go ahead, toss a bottle and go green at Stampede

CANDICE WARD/METRO CALGARY



▶ Gerry McHugh, operations manager with the Calgary Stampede, shows how easy it is to recycle at the Stampede grounds.

About 81,000 bottles and cans were recycled on midway last year

While red and white may be synonymous with Stampede, the 10-day event is increasingly going green.

From solar-powered trash compactors to cooking oil used for biofuel, the Stampede has numerous environmental initiatives going on behind the scenes.

"We've got a long history of environmental programs ... that started back in the early 90s," said operations manager Gerry McHugh. "We recycle pretty well everything you can think of."

New this year is a mosquito-control system that releases carbon dioxide to attract the pesky bugs and trap them. The system is used at dusk and dawn.

McHugh said revellers on the grounds can help by recycling bottles and cans.

"A lot of the recycling you see on the midway is just totally geared toward our clientele on the midway," he said. "I think most people (throw out their recyclables) as a course of habit, and it takes awhile to break a bad habit."

KATIE TURNER

Eco goods

1. This year, the Giant Wheel on the midway is using LED lighting.
2. Last year, 10, 000 beer cups were recycled in Nashville North.

CANDICE WARD/METRO CALGARY

60 seconds

▶ David Smith will fly 153 feet in the air daily at the Saddledome Plaza at 1 p.m. and 5 p.m.

FLYING HIGH

"I GET TO SEE THE WORLD DOING THIS ..."

David 'The Bullet' Smith has been a human cannonball for 13 years.

How many times have you been shot out of a cannon?
"I think I'm over 5,000 now. I write them down and count them throughout."

How did you discover that you're good at it?
"I'm very experienced at it now.... Some people have gifts and mine is I can focus when I'm scared. I got addicted to the rush and the thrill of the crowd and the lifestyle is wonderful.

What goes through your mind in the air?
"Once I'm out of the cannon, I have a second of relief that the cannon didn't hurt me too bad."

KATIE TURNER

And the calorie count is in ...

Watch James and Kelsey take on the calorie challenge at metronews.ca/calgary

KATIE TURNER/METRO

▶ Kelsey Hipkin and James Paton went head-to-head Saturday in a battle of the iron stomachs. Paton emerged victorious by a slim margin, consuming 2,974 calories in one hour, with Hipkin eating 2,726 calories.

▶ Intake total: 2,726 calories

▶ Intake total: 2,974 calories

New eats

The midway welcomes some new items:

- The Doughnut Burger, Turkeytini and Pork Chop on a Stick
- Fried foods: Colossal Onion, deep-fried Pop Tarts and 10 different flavours of poutine
- Chicken Cheese Steak Sandwich, Kubie Korn Dog and Samosas

Kelsey's eats

Check out what Kelsey loaded up on for the competition for a grand total of 2,726 calories in an hour:

- 1 corn dog: 250
- 1 chicken on a stick: 270
- 1 small orange pop: 179
- 12 mini donuts: 648
- 10 chocolate covered strawberries: 480
- ½ regular French fries: 280
- 1 caramel apple: 298
- ¾ bag of cotton candy: 128
- ½ taco in a bag: 193

James' eats

James' menu crowned him the winner in the ultimate eat-off, with a total of 2,974 calories tossed back in an hour.

- 1 pepperoni pizza on a stick: 535
- 1 corn dog: 250
- 2 small Coca-Colas: 400
- 1 deep-fried Snickers: 444
- 1 deep-fried cheesecake: 655
- 3 jalapeño poppers: 200
- 5 deep-fried Oreos: 490

9

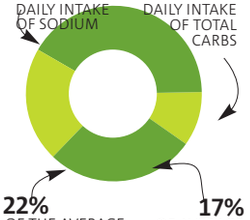
Weighing the two participants just before the challenge and then comparing the numbers, we found they gained a collective total of nine pounds.
James added four pounds to Kelsey's five.

Fatty facts

According to Calorieking.com, a regular corn dog has:

33% OF THE AVERAGE PERSON'S DAILY INTAKE OF SODIUM

8% OF THE AVERAGE PERSON'S DAILY INTAKE OF TOTAL CARBS



22% OF THE AVERAGE PERSON'S DAILY INTAKE OF TOTAL FAT

17% OF AVERAGE PERSON'S DAILY INTAKE OF CHOLESTEROL

A feast fit for a hungry Stampede-goer

The rules were simple: consume as many calories as you can in one hour.

With open hearts and empty stomachs, Calgarians Kelsey Hipkin and James Paton accepted the challenge.

From deep-fried cheesecake to corn dogs and cotton candy, the two ate their way through a collective total of 5,700 calories in just one hour — the only catch was they had to keep it down for the 30 minutes following.

"After the challenge I felt relief it was over and just took a minute to sit down, hoping it wouldn't all come back up," said Hipkin, 28.

Paton added: "It felt like all of the world's greasiest foods were in my stomach. I didn't realize that I could put that much food in to my body and still live."

Manager of midway operations James Radke said he's never heard of anyone undergoing such a feat as the two aforementioned but offered some advice to any who dare take it on in the future.

"If their heart starts beating fast, stop eating."

Radke said there's plenty of time the rest of the year to eat healthy.

"Stampede is 10 days where you get to have fun and let loose and forget about your diet."

KATIE TURNER

CANDICE WARD/FOR METRO CALGARY

▶ Calgary Stampede fixins are tough for even the healthiest of eaters to resist.

CALGARY STAMPEDE 2011

KICKIN' IT METRO STYLE!!

THANKS TO OVER 350 OF OUR METRO FRIENDS WHO HELPED US KICK OFF THIS YEAR'S STAMPEDE.
OUR CELEBRATION TOOK PLACE AT MELROSE CAFE & BAR LAST THURSDAY JULY 7 - A BLAST!

SEE YOU AT NEXT YEAR'S METRO STAMPEDE PARTY!

RIGHT:(L-R) JEFF NEALSON AND MATT OLAH

(L-R) DARCY AND ANDRE CHABOT

LEFT:(L-R) JESSI EVETTS AND CARMEN KUHMAYER

NICOLE TOMETCZAK

(L-R) APOORV DWIVEDI, SHANE KEATING AND AKHIL MANRO

(L-R) MIKE, DARREN AND JANICE

(L-R) STEVE SHROUT AND ALISON REDFORD

(L-R) GUY WEST AND LAURE REHAN

RIGHT: (L-R) RIC MCIVER AND CHRISTINE MCIVER

BELOW: (L-R) MATT HOWARD AND VENESSA EASEY

(L-R) NATASHA MOHAMED AND HOLLY MCDICKEN

LEFT: (L-R) ANGELA SACLAMACIS, JOAN ELVES, KAREN YOUNG AND CHRISTIE

BELOW: (L-R) PEGGY URLACHDR, SHEENA ROGES, ALEX KINGCOTT AND CHRIS HUNTER

ABOVE LEFT: (L-R) STEVE GIALLEONARDO AND HILLARY APPLEBY
ABOVE RIGHT: (L-R) RITA GENGE, LINDA HILL AND IRENE ANDERSON

metro

melrose CAFE & BAR

PHOTOS TAKEN BY JAMES PATON

Must-do Stampede

From pancake starters to a mix of R&B, pop, rock and country-infused tunes, it's all on the grounds today

HEMERA/THINKSTOCK

▶ Start the day on the sweet side with a pancake breakfast.

Pancake breakfasts

- **At CrossIron Mills:** from 9 a.m. to 11 a.m.
- **At North Hill Centre** (1616 14 Avenue N.W.): from 9 a.m. to 11 a.m.

TARA WALTON/TORSTAR NEWS SERVICE

▶ Get energized with some help from singer Fefe Dobson, taking the stage this afternoon.

Coca-Cola Stage

- Terry Stokes at 12 p.m. & 5 p.m.
- Alyssa Reid at 1:30 p.m.
- Shawn Desman at 2:15 p.m.
- Fefe Dobson at 3:15 p.m.
- Justin Nozuka at 8 p.m.
- Lights at 9:30 p.m.

Nashville North

- Deric Ruttan at 9 p.m.
- Craig Moritz at 1 p.m., 3:15 p.m., 5:15 p.m. & 7:15 p.m.

DARREN CALABRESE/THE CANADIAN PRESS

▶ Shawn Desman

- Karen Lee Batten at 2 p.m., 4:15 p.m. & 6:15 p.m.
- Jason Greeley at 11 p.m. & 12:15 a.m.

CALGARY STAMPEDE RESULTS - SUNDAY

BAREBACK
THIRD PERFORMANCE
Yesterday's results
Note: results are listed as follows — competitor; hometown; stock; score.

1. Mote, Bobby, Culver, OR, Simply Marvellous, 90.50 points; 2. Dent, Steven, Mullen, NE, Stampede Warrior, 89.50; 3. Havens, Jason, Prineville, OR, Rapper Margie, 86.50; 4. Hodson, Logan, Telkwa, BC, Silk & Dynomite, 85.50; 5. Feild, Kaycee, Elk Ridge, UT, Dust Bunny, 84.50; 6. Timberman, Kelly, Mills, WY, Jay Bar Nine, 84.00; 7. Hooper, Tilden, Carthage, TX, Rum Flavoured, 83.00; 8. Gunderson, Joe, Agar, SD, Kalispell Whiskey, 80.50; 9. Shields Jr., Davey, DeWinton, AB, Dear Abby, 77.00; 10. Gray, Ryan, Petersburg, TX, Broken Lady, 75.00.

BULL RIDING
THIRD PERFORMANCE
Yesterday's results
Note: results are listed as follows — competitor; hometown; stock; score.

1. Torkelson, Jesse, Winfield, AB, Rock Lobster, 87.00 points; 2. Mezei, Devon, Botha, AB, Beaver, 86.00; 3. Silcox, Wesley, Santaquin, UT, Good Vibrations, 86.00; 4. Proctor, Shane, Mooresville, NC, Ram Rod, 83.50; 5. Meier, Austin, Kinta, OK, Jesse James, 79.50; 6. McConnel, Ryan, Atoka, OK, Speed Dial, SLP; 7. Navarre, Corey, Weatherford, OK, Even Money, BO; 8. Schiffner, Scott, Strathmore, AB, In The Mix, BO; 9. Besplug, Chad, Claresholm, AB, State Trooper, BO; 10. Whitney, Cody, Asher, OK, Edgar, BO.

LADIES BARREL RACING
THIRD PERFORMANCE
Yesterday's results
Note: results are listed as follows — competitor, hometown and time:

1. Renger, Deb, Okotoks, AB, 17.83 seconds; 2. Sears, Lindsay, Nanton, AB, 17.96; 3. Pozzi, Brittany, Victoria, TX, 18.03; 4. Seitz, Joleen, Savona, BC, 18.05; 5. Shaw, Crystal, Daysland, AB, 18.08; 6. Meadors, Angie, Blanchard, OK, 18.46; 7. Fleck, Britany, Mandan, ND, 18.48; 8. Barrington, Benette, Lubbock, TX, 18.71; 9. Byrne, Lauren, Okotoks, AB, 23.23; 10. Johnson, Sherrylynn, Henryetta, OK, 28.20.

SADDLE BRONC
THIRD PERFORMANCE
Yesterday's results
Note: results are listed as follows — competitor, hometown, stock and score;

1. Berg, Justin, Marwayne, AB, Gallant Warrior, 85.00 points; 2. Ferley, Chad, Oelrichs, SD, Snake Bite, 84.50; 3. Flundra, Dustin, Pincher Creek, AB, American Sister, 80.50; 4. MacKenzie, Ryan, Jordan Valley, OR, Nutty Champagne, 80.50; 5. Bail, Jesse, Camp Crook, SD, Special Delivery, 79.00; 6. Berry, Jim, Rocky Mtn House, AB, Lush Margie, 78.50; 7. Willert, Jeffery, Belvidere, SD, Raven Hills, 77.00; 8. Taton, Cody, Corona, NM, Fire Water, BO; 9. Corrington, Tyler, Hastings, MN, Blue Too, BO; 10. Sundell, Wade, Boxholm, IA, Bad Hair Day, BO.

STEER WRESTLING
THIRD PERFORMANCE
Yesterday's results
Note: results are listed as follows — competitor; hometown; score.

1. Reeves, Matt, Cross Plains, TX	3.4 seconds
2. Gorsuch, Dean, Gering, NE	3.6
3. Hanna, Dane, Starkeville, MS	3.8
4. Suhn, Todd, Hermosa, SD	3.9
5. Hazen, Jule, Ashland, KS,	4.0
6. Bugenig, Billy, Ferndale, CA	4.2
7. Graves, Stockton, Newkirk, OK	4.5
8. Graves, Lee, Calgary	4.6
9. Thouvenell, Ethen, Napa, CA	NT
10. Sumpter, Wade, Fowler, CO	NT.

TIE-DOWN ROPING
THIRD PERFORMANCE
Yesterday's results
Note: results are listed as follows — competitor; hometown; score.

1. Cooper, Tuf, Decatur, TX	6.4 seconds
2. Hanchey, Shane, Sulpher, LA	7.3
3. Cooper, Clif, Decatur, TX	7.6
4. Hofer, Logan, Magrath, AB	8.0
5. Brazile, Trevor, Decatur, TX	8.4
6. Shiozawa, Matt, Chubbuck, ID	10.5
7. Johnson, Chad, Del Bonita, AB	17.7
8. Cooper, Clint, Decatur, TX	NT
9. Stran Childress, TX	NT
10. Herrin, Hunter, Apache, OK	NT

RANGELAND DERBY

CUMULATIVE RESULTS
Saturday's results

1. Rick Fraser, Heninger Toyota/Chickwagon Foundation. 2:32.07, 0, 2:32.07, $11,200.00; 2. Mark Sutherland, Cowboys Posse, 2:33.04, 0, 2:33.04, $9,200.00; 3. Wayne Knight, Express Employment Professionals, 2:33.62, 0, 2:33.62, $7,650.00; 4. Vern Nolin, BKDI Architects, 2:33.94, 0, 2:33.94, $7,300.00; 5. Roger Moore, The Legends, 2:34.14, 0, 2:34.14, $6,350.00; 6. Shane Nolin, Noralta Lodge, 2:34.45, 0, 2:34.45, $5,700.00; 7. Obrey Motowylo, H & E Oilfield Services Ltd, 2:34.87, 0, 2:34.87, $5,800.00; 8. Brian Laboucane, The Mavericks, 2:35.02, 0, 2:35.02, $5,900.00; 9. Troy Dorchester, Country Club of the Hamptons, 2:35.05, 0, 2:35.05, $5,400.00; 10. Kelly Sutherland, YaYa Calgary.com, 2:35.20, 0, 2:35.20, $4,650.00.

11. Colt Cosgrave, Calgary Food Bank, 2:35.22, 0, 2:35.22, $8,000.00; 12. Jerry Bremner, J G Bremner Holdings Ltd., 2:35.42, 0, 2:35.42, $4,700.00; 13. Reg Johnstone, ATB Financial, 2:35.50, 0, 2:35.50, $4,350.00; 14. Grant Profit, Pride of Cochrane/Jaco Welding, 2:35.54, 0, 2:35.54, $4,400.00; 15. Hugh Sinclair, Northern Patriot Oil & Gas Ltd., 2:35.62, 0, 2:35.62, $4,200.00; 16. Gary Gorst, Team YYC Calgary International Airport, 2:35.80, 0, 2:35.80, $5,100.00; 17. Kurt Bensmiller, Eco Fuel Saver, 2:35.85, 0, 2:35.85, $4,000.00; 18. Mike Vigen, Hatch Engineering Ltd., 2:35.89, 0, 2:35.89, $4,200.00; 19. Darcy Flad, Purolator, 2:36.39, 0, 2:36.39, $4,450.00; 20. Kirk Sutherland, Cam Clark Ford, 2:35.44, 1, 2:36.44, $4,300.00.

21. Ray Mitsuing Sandlewood Development Ltd. 2:36.72 0 2:36.72 $4,400.00; 22. Chad Harden NCI Construction Inc. 2:36.88 0 2:36.88 $4,000.00; 23. Jordie Fike Friends of Calgary Food Bank 2:37.86 0 2:37.86 $3,900.00; 24. Layne Bremner Friends of the Mavericks 2:38.33 0 2:38.33 $4,000.00; 25. Luke Tournier Friends of Heritage Park 2:38.77 0 2:38.77 $3,850.00; 26. Jim Knight Border City Oilmen 2:38.99 0 2:38.99 $3,850.00; 27. Ross Knight Kids Wagon 2:39.51 0 2:39.51 $3,800.00; 28. Lincoln Douglas Savage Oilfield Rentals Ltd. 2:35.26 5 2:40.26 $4,000.00; 29. Troy Flad Giddy Up Go Holdings 2:38.68 2 2:40.68 $3,800.00; 30. Tim Haroldson 1525423 Alberta Ltd 2:35.70 5 2:40.70 $3,900.00.

31. Buddy Bensmiller Pidherney's 2:36.71 5 2:41.71 $3,800.00; 32. Jason Glass Shaw GMC Chevrolet 2:42.03 0 2:42.03 $5,300.00; 33. Jamie Laboucane WestJet 2:39.51 5 2:44.51 $3,800.00.

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Downhill. Battle

▶ The pack speeds down Massiac pass during the 9th stage of the Tour de France yesterday.

THE ASSOCIATED PRESS

Frenchman takes yellow jersey after crash-filled 9th stage

Spain's Luis Leon Sanchez won the ninth stage of the Tour de France on a wild day of crashes while France's Thomas Voeckler finished second to take the overall lead from Norway's Thor Hushovd.
Among those caught in the mayhem was defending champion Alberto Contador, who overcame another crash, banging his troublesome right knee after an early spill. Kazakh rider Alexandre Vinokourov, 37, ended his Tour de France career in dramatic fashion, bowing out of the race after breaking his right thigh in a high-speed crash during a descent yesterday.

Jays on roll heading into break

Manager commends club's 'resiliency' Toronto 2 games below .500 ahead of all-star break

Three days after hitting their low point of the season, the Toronto Blue Jays are flying high going into the all-star break.

Jose Bautista's two-run double and six strong innings from Brett Cecil led Toronto to a 7-1 win over the Cleveland Indians yesterday. The Blue Jays took the last three games of the series after suffering a crushing 5-4 defeat in the opener on Thursday in which they couldn't hold a four-run lead and lost on Travis Hafner's walkoff grand slam.

7	1
BLUE JAYS	INDIANS

Blue Jays manager John Farrell isn't surprised his team rebounded from a loss that would have sent many clubs into a tailspin.

"We do bounce back," he said. "We have the ability to put behind us what the previous day was, whether it was positive or negative. It speaks to the resiliency of this team and the attitude they carry onto the field."

The Blue Jays, who had 48 hits in the series, outslugged the Indians for an 11-7 win Friday. All-star Jose Bautista's 10th-inning home run gave Toronto a 5-4 victory Saturday and a five-run third inning, highlighted by rookie Eric Thames' two-run homer, sparked yesterday's win.

"We played very well this series with the exception of Game 1 and what took place late," Farrell said.

Cecil (2-4) gave up one unearned run over six innings for his first win in three starts since being recalled from the minors June 30. The left-hander allowed six hits and walked three. THE ASSOCIATED PRESS

Romero an all-star

Blue Jays pitcher Ricky Romero is headed to baseball's all-star game.

▶ The left-hander was named as a replacement for Jon Lester of the Red Sox.

NFL resolves big issues: Sources

A rookie wage scale and free agency for veterans appear to be the biggest stumbling blocks to ending the NFL lockout.

Several sources requesting anonymity tell The Associated Press issues such as splitting total revenues — the major reason for the dispute — the salary cap, fewer off-season workouts and the length of a new collective bargaining agreement are close to being completed.

Owners and players will meet again this week after two days of negotiations last week. The sticky topics include limits on rookie salaries and signing bonuses. Another is the number of transition tags for free agents, with right of first refusal. THE ASSOCIATED PRESS

$78M NFL owners have long sought to restrict huge bonuses paid to unproven rookies. Quarterback Sam Bradford, the 2010 top pick, signed a six-year, $78-million US contract including a record $50 million in guaranteed money.

Sports in brief

Canadians row away with gold

ROWING. Tracy Cameron of Shubenacadie, N.S., and Victoria's Lindsay Jennerich captured the women's lightweight doubles gold medal yesterday at the World Rowing Cup in Lucerne, Switzerland. THE CANADIAN PRESS

U.S. moves on in cup classic

WOMEN'S WORLD CUP. Abby Wambach scored a thrilling goal to level the game at 2-2 in the 122nd minute and the Americans are moving on to the semifinals after beating Brazil on penalty kicks in one of the most exciting games ever at the Women's World Cup. THE ASSOCIATED PRESS

4 sports

Quoted

"You want to hit the ball hard. I didn't want to hit a slow roller to third base and have it be replayed forever."
DEREK JETER, WHO HOMERED DEEP INTO YANKEE STADIUM'S LEFT-FIELD BLEACHERS FOR HIS 3,000TH CAREER HIT IN A 5-4 WIN OVER TAMPA BAY ON SATURDAY.

"Just one of those special days."
JETER

Scan code for more sports.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	35	.602	1
Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	½
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½

WEST DIVISION

	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Yesterday's results
N.Y. Yankees 1 Tampa Bay 0
Toronto 7 Cleveland 1
Boston 8 Baltimore 6
Detroit 2 Kansas City 1
Minnesota 6 Chicago White Sox 3
Texas 2 Oakland 0
L.A. Angels 4 Seattle 2
Saturday's results
N.Y. Yankees 5 Tampa Bay 4
Chicago White Sox 4 Minnesota 3
Toronto 5, Cleveland 4 (10 inn.)
Boston 4 Baltimore 0
Kansas City 13 Detroit 6
Texas 7 Oakland 6
L.A. Angels 9 Seattle 3
Tomorrow's game
All-Star Game at Phoenix, AZ, 8:05 p.m.

ALL TIMES EDT

EAST DIVISION

	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION

	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results
Florida 5 Houston 4
Philadelphia 14 Atlanta 1
Pittsburgh 9 Chicago Cubs 1
Washington 2 Colorado 0
Milwaukee 4 Cincinnati 3
St. Louis 4 Arizona 2
L.A. Dodgers 4 San Diego 1
San Francisco 4 N.Y. Mets 2
Saturday's results
Atlanta 4 Philadelphia 1 (11 inn.)
L.A. Dodgers 1 San Diego 0
Chicago Cubs 6 Pittsburgh 3
Colorado 2 Washington 1
Cincinnati 8 Milwaukee 4 (10 inn.)
Florida 6 Houston 1
St. Louis 7 Arizona 6
San Francisco 3 N.Y. Mets 1

BLUE JAYS 7, INDIANS 1

Toronto	ab	r	h	bi	Cleveland	ab	r	h	bi
YEscor ss	5	1	1	0	Brantly lf	4	0	1	0
EThms dh	5	2	3	2	OCarer ss	5	0	0	0
Bautist 3b	4	1	2	2	Hafner dh	4	0	0	0
JMcDnl 3b	1	0	0	0	CSantn 1b	3	0	2	0
Lind 1b	5	0	0	0	GSizmr cf	5	1	1	0
A.Hill 2b	4	0	0	0	Kearns rf	4	0	1	0
Snider lf	3	1	1	0	Marson c	3	0	1	0
Arencii c	3	1	2	1	Valuen 2b	4	0	1	0
CPttrsn rf	4	0	1	2	Hannhn 3b	3	0	1	1
RDavis cf	4	1	1	0					
Totals	**38**	**7**	**11**	**7**	**Totals**		**35**	**1**	**8**	**1**
Toronto					**005**	**002**	**000**	**7**	
Cleveland					**000**	**001**	**000**	**1**	

E—Lind (4). DP—Toronto 1. LOB—Toronto 7, Cleveland 13. 2B—Bautista (15), Snider (10), C.Patterson (16), Marson (5). HR—E.Thames (4).

Toronto	IP	H	R	ER	BB	SO
Cecil W,2-4	6	6	1	0	3	6
L.Perez	2	1	0	0	2	2
Frasor	1	1	0	0	1	1
Cleveland						
C.Carrasco L,8-6	3	7	5	5	2	4
Herrmann	2	1	0	0	0	1
R.Perez	1	3	2	2	0	2
J.Smith	1	0	0	0	1	1
Pestano	1	0	0	0	0	3
Sipp	1	0	0	0	0	2

WP—C.Carrasco, R.Perez. Balk—R.Perez. Umpires—Home, Doug Eddings; First, Dana DeMuth; Second, Kerwin Danley; Third, Vic Carapazza.
T—3:04. A—21,148 (43,441) at Cleveland.

CFL

WEEK 2

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	2	2	0	0	69	51	4
Winnipeg	2	2	0	0	46	32	4
Toronto	2	1	1	0	39	43	2
Hamilton	2	0	2	0	26	52	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	2	2	0	0	70	38	4
Calgary	2	1	1	0	55	55	2
B.C.	2	0	2	0	58	64	0
Saskatchewan	2	0	2	0	53	81	0

Saturday's results
Edmonton 28 Hamilton 10
Montreal 39 Saskatchewan 25
Friday's results
Calgary 34 B.C. 32
Winnipeg 22 Toronto 16

SCORING LEADERS

	TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	2	23
Duval, Edm	0	8	4	2	22
McCallum, BC	0	4	6	0	22
Whyte, Mtl	0	8	4	1	21
Prefontaine, Tor	0	3	6	0	21
E.Johnson, Sask	0	6	3	2	17
Medlock, Ham	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Bratton, Mtl	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cates, Sask	2	0	0	0	12
Cornish, Cal	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Foster, BC	2	0	0	0	12
Paredes, Cal	0	4	2	0	10
Bishop, Cal	1	0	0	0	6
Bowman, Edm	1	0	0	0	6
Boyd, Tor	1	0	0	0	6
Clermont, Sask	1	0	0	0	6
Durant, Sask	1	0	0	0	6
Edwards, Wpg	1	0	0	0	6
Hill, Sask	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
Joseph, Edm	1	0	0	0	6
Lemon, Tor	1	0	0	0	6
Lewis, Cal	1	0	0	0	6
Mann, Ham	1	0	0	0	6
Maypray, Mtl	1	0	0	0	6
Porter, Edm	1	0	0	0	6
Reid, Wpg	1	0	0	0	6
Reynolds, Cal	1	0	0	0	6
Rideau, Tor	1	0	0	0	6
Stala, Ham	1	0	0	0	6
Stamps, Edm	1	0	0	0	6
Suber, Wpg	1	0	0	0	6
Talley, Cal	1	0	0	0	6
Whitaker, Mtl	1	0	0	0	6
Maver, Cal	0	1	1	2	6
x-Cote, Cal	0	2	0	0	2

CYCLING

TOUR DE FRANCE

At Saint-Flour, France
Yesterday's results
1. Luis Leon Sanchez, Spain, Rabobank, five hours, 27 minutes, nine seconds; 2. Thomas Voeckler, France, Europcar, five seconds behind; 3. Sandy Casar, France, Francaise des Jeux, 0:13; 4. Philippe Gilbert, Belgium, Omega Pharma-Lotto, 3:59; 5. Peter Velits, Slovakia, HTC-Highroad, same time; 6. Cadel Evans, Australia, BMC, s.t.; 7. Andy Schleck, Luxembourg, Leopard-Trek, s.t.; 8. Tony Martin, Germany, HTC-Highroad, s.t.; 9. Frank Schleck, Luxembourg, Leopard-Trek, s.t.; 10. Damiano Cunego, Italy, Lampre-ISD, s.t.
Also: 52. Ryder Hesjedal, Victoria, Garmin-Cervelo, 5:21 behind
Overall Standings
(after nine stages)
1. Thomas Voeckler, France, Europcar, 38 hours, 35 minutes, 11 seconds; 2. Luis Leon Sanchez, Spain, Rabobank, one minute, 49 seconds behind; 3. Cadel Evans, Australia, BMC, 2:26; 4. Frank Schleck, Luxembourg, Leopard-Trek, 2:29; 5. Andy Schleck, Luxembourg, Leopard-Trek, 2:37; 6. Tony Martin, Germany, HTC-Highroad, 2:38; 7. Peter Velits, Slovakia, HTC-Highroad, same time; 8. Andreas Kloeden, Germany, RadioShack, 2:43; 9. Philippe Gilbert, Belgium, Omega Pharma-Lotto, 2:55; 10. Jakob Fuglsang, Denmark, Leopard-Trek, 3:08.
11. Ivan Basso, Italy, Liquigas-Cannondale, 3:36; 12. Damiano Cunego, Italy, 3:37; 13. Nicolas Roche, Ireland, AG2R La Mondial, 3:45; 14. Kevin De Weert, Belgium, Quick Steop, 3:47; 15. Robert Gesink, Netherlands, Rabobank, 4:01; 16. Alberto Contador, Spain, Saxo Bank Sungard, 4:07 **Also: 43. Ryder Hesjedal, Victoria, Garmin-Cervelo, 9:33.**

GOLF

PGA JOHN DEERE CLASSIC

At Silvis, Ill.
Par 71
Final Round

Steve Stricker, $810,000	66-64-63-69—262
Kyle Stanley, $486,000	65-67-65-66—263
Matt McQuillan, $261,000	**64-69-70-64—267**
Zach Johnson, $261,000	66-69-67-65—267
Charles Howell III, $171,000	66-68-70-64—268
Chez Reavie, $171,000	66-62-68-72—268
Cameron Percy, $145,125	66-67-67-69—269
Brendon de Jonge, $145,125	66-66-63-74—269
Briny Baird, $121,500	68-70-68-64—270
Brian Gay, $121,500	68-67-69-66—270
Cameron Tringale, $121,500	70-66-65-69—270
Sunghoon Kang, $85,500	72-65-68-66—271
Michael Putnam, $85,500	70-68-67-66—271
Kris Blanks, $85,500	63-71-70-67—271
Michael Thompson, $85,500	71-66-67-67—271
Davis Love III, $85,500	64-70-69-68—271
Aron Price, $85,500	69-66-67-69—271
Arjun Atwal, $60,750	67-66-70-69—272
Marco Dawson, $60,750	68-69-66-69—272
Charles Warren, $60,750	67-68-67-70—272
Dean Wilson, $60,750	69-65-67-71—272
Chris Kirk, $39,488	68-69-70-66—273
Kirk Triplett, $39,488	68-65-73-67—273
Andres Gonzales, $39,488	68-68-69-68—273
Brett Wetterich, $39,488	69-68-67-69—273
Michael Letzig, $39,488	70-65-68-70—273
Scott Stallings, $39,488	69-66-68-70—273
Todd Hamilton, $39,488	70-66-67-70—273
David Mathis, $39,488	68-65-69-71—273
Tim Petrovic, $26,156	69-69-69-67—274
Jason Bohn, $26,156	72-66-68-68—274
Troy Merritt, $26,156	68-68-69-69—274
Chris Couch, $26,156	70-65-69-70—274
Bryce Molder, $26,156	71-66-67-70—274
Woody Austin, $26,156	69-67-67-71—274
Will MacKenzie, $26,156	67-70-66-71—274
Mark Wilson, $26,156	65-67-68-74—274
Steven Bowditch, $18,450	67-68-72-68—275
Kent Jones, $18,450	70-68-69-68—275
Heath Slocum, $18,450	70-66-70-69—275
Ben Martin, $18,450	67-70-68-70—275
Jim Herman, $18,450	66-68-70-71—275
D.A. Points, $18,450	66-68-70-71—275
Shane Bertsch, $18,450	71-66-67-71—275
D.J. Trahan, $11,864	67-70-74-65—276
Alex Prugh, $11,864	69-68-72-67—276
Rod Pampling, $11,864	69-69-70-68—276
Frank Lickliter II, $11,864	68-70-69-69—276
Josh Teater, $11,864	66-70-70-70—276
Scott Piercy, $11,864	70-67-69-70—276
Craig Bowden, $11,864	67-70-69-70—276
John Mallinger, $11,864	68-65-70-73—276
Lee Janzen, $11,864	66-68-69-73—276
Cameron Beckman, $11,864	66-69-68-73—276
Brian Davis, $11,864	70-66-67-73—276
Chad Campbell, $10,170	67-69-70-71—277
Billy Mayfair, $10,170	67-66-72-72—277
J.J. Henry, $10,170	68-68-69-72—277
John Merrick, $9,990	67-71-67-73—278
Michael Connell, $9,720	69-66-73-71—279
James Driscoll, $9,720	71-67-70-71—279
Joe Ogilvie, $9,720	69-67-71-72—279
William McGirt, $9,720	67-67-71-74—279
Nathan Green, $9,720	69-64-69-77—279
Michael Sim, $9,360	67-70-70-74—281
John Rollins, $9,360	72-65-69-75—281
Steve Marino, $9,360	64-66-73-78—281
Jason Day, $9,090	67-69-75-71—282
Jhonattan Vegas, $9,090	68-64-75-75—282
David Hearn, $9,090	**67-69-71-75—282**
Chris Stroud, $8,865	69-64-76-74—283
Troy Matteson, $8,865	67-69-72-75—283
Duffy Waldorf, $8,730	67-69-73-76—285

U.S. WOMEN'S OPEN

At Colorado Springs, Colo.
Par 71
Third Round

Cristie Kerr	71-72-69—212
So Yeon Ryu	74-69-69—212
Angela Stanford	72-70-70—212
Hee Kyung Seo	72-73-68—213
Mika Miyazato	70-67-76—213
Inbee Park	71-73-70—214
Ai Miyazato	70-68-76—214
Karrie Webb	70-73-72—215
Paula Creamer	72-70-73—215
Lizette Salas	69-73-73—215
I.K. Kim	70-69-76—215
Candie Kung	76-69-71—216
Leta Lindley	73-71-72—216
Eun-Hee Ji	73-69-74—216
Wendy Ward	73-69-74—216
Ryann O'Toole	69-72-75—216
Yani Tseng	73-73-71—217
Chella Choi	71-76-70—217
Amy Yang	75-69-73—217
Junthima Gulyanamitta	73-76-68—217
Meena Lee	75-71-72—218
Morgan Pressel	75-72-71—218
Suzann Pettersen	71-75-72—218
Jiyai Shin	73-72-73—218
Sun Young Yoo	74-68-77—219
Alison Walshe	74-73-73—220
Catriona Matthew	76-70-74—220
Song Hee Kim	73-73-74—220
Jessica Korda	73-75-72—220
Beatriz Recari	76-72-72—220
Stacy Lewis	68-73-79—220
Mi-Jeong Jeon	72-73-76—221
a-Moriya Jutanugarn	76-69-76—221
Maria Hjorth	70-78-73—221
Se Ri Pak	74-70-77—221
Meaghan Francella	76-73-72—221
Sandra Gal	77-72-72—221
Mina Harigae	75-74-72—221
Karin Sjodin	74-73-75—222
Lindsey Wright	76-71-75—222
Shinobu Moromizato	76-72-74—222
Natalie Gulbis	73-75-74—222
Karen Stupples	72-77-73—222
Jean Chua	77-69-77—223
Sakura Yokomine	72-74-77—223
Mariajo Uribe	75-69-79—223
Jennifer Johnson	75-74-74—223
Brittany Lincicome	75-74-74—223
Sue Kim	**73-74-77—224**
a-Victoria Tanco	78-69-77—224
Lee-Anne Pace	75-72-77—224
Azahara Munoz	74-71-79—224
a-Lindy Duncan	70-78-76—224
Hee Young Park	73-71-80—224
Vicky Hurst	76-72-76—224
a-Danielle Kang	72-77-75—224
Soojin Yang	75-74-75—224
Becky Morgan	75-72-78—225
Yoo Kyeong Kim	74-74-77—225
Shanshan Feng	76-72-77—225
Bo Mee Lee	77-72-76—225
Jinyoung Pak	77-72-76—225
Gwladys Nocera	78-71-76—225
Danah Bordner	73-74-79—226
Harukyo Nomura	77-70-79—226
Sherri Steinhauer	72-76-78—226
Paola Moreno	73-76-77—226
a-Amy Anderson	69-77-81—227
Brittany Lang	72-74-81—227

TENNIS

DAVIS CUP

CANADA VS. ECUADOR

At Guayaquil, Ecuador
Yesterday's results
(Best-of-5 series tied 2-2)
Reverse Singles
Vasek Pospisil, Vernon, B.C., def. Julio-Cesar Campozano, Ecuador, 6-3, 6-4, 7-5.
Philip Bester, Vancouver, vs. Ivan Endara, Ecuador.
Saturdays' results
Doubles
Daniel Nestor, Toronto, and Vasek Pospisil, Vernon, B.C., def. Emilio Gomez and Roberto Quiroz, Ecuador, 7-6 (4), 6-4, 7-5.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	18	7	4	7	21	16	28
New York	20	6	4	10	34	24	28
Columbus	18	7	5	6	21	19	27
Houston	19	5	6	8	23	22	23
D.C. United	17	5	5	7	24	29	22
Kansas City	18	5	6	7	23	24	22
Chicago	19	2	5	12	20	24	18
Toronto	21	3	9	9	17	36	18
New England	18	3	8	7	16	24	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	21	9	4	8	28	20	35
Dallas	19	10	5	4	26	19	34
Real Salt Lake	17	8	3	6	23	12	30
Colorado	20	6	5	9	22	23	27
Chivas USA	19	5	7	7	24	23	22
San Jose	18	5	6	7	28	21	21
Portland	17	5	9	3	21	31	18
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.
Yesterday's result
Seattle 3 Portland 2
Saturday's results
Colorado 2 Vancouver 1
Houston 2 Toronto 0
Chivas USA 1 Kansas City 1
D.C. United 1 New York 0
Los Angeles 2 Chicago 1
Philadelphia 0 San Jose 0
Real Salt Lake 2 Dallas 0

2011 FIFA WOMEN'S WORLD CUP

SECOND ROUND
QUARTER-FINALS
Yesterday's results
At Augsburg, Germany
Sweden 3, Australia 1
At Dresden, Germany
Brazil 2, U.S. 2
(U.S. advances 5-3 on penalty kicks)
Wednesday's games
Semifinals
At Moenchengladbach, Germany
France vs. U.S., Noon
At Frankfurt
Japan vs. Sweden, 2:45 p.m.

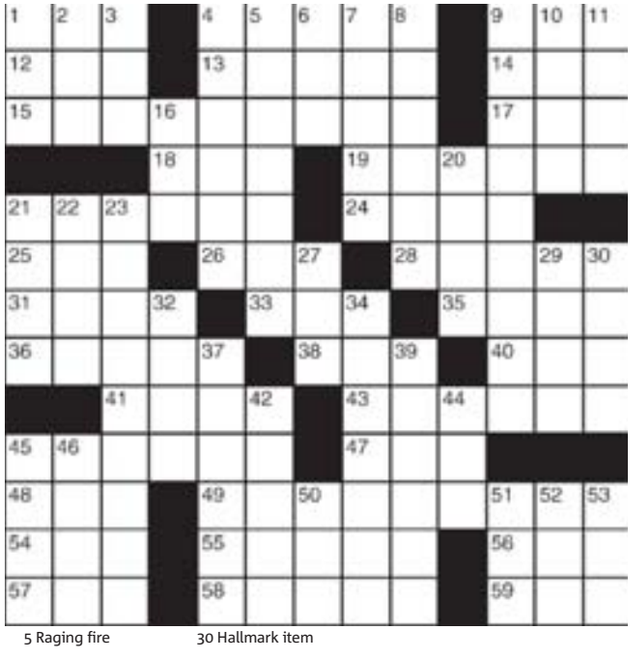
2011 FIFA MEN'S UNDER-17 WORLD CUP

Yesterday's results
At Mexico City
Bronze Medal
Germany 4 Brazil 3
Gold Medal
Mexico 2 Uruguay 0

2011 COPA AMERICA

Yesterday's results
At Santa Fe
Colombia 2 Bolivia 0
Tonight's game
At Cordoba
Argentina vs. Costa Rica, 8:45 p.m.
Tonmorrow's games
At Mendoza
Chile vs. Peru, 8:45 p.m.
At La Plata
Uruguay vs. Mexico, 8:45 p.m.

Crossword



Across

1 Letterman's network
4 Agreed
9 Make up your mind
12 Luau serving
13 Reserved
14 Actress Myrna
15 Prankster's shout
17 Bankbook abbr.
18 "Sprechen — Deutsch?"
19 Isn't honest with
21 Zero
24 Apple computer
25 Fuss
26 Explosive letters
28 Set of moral rules
31 Kittenish calls
33 Rowing need
35 Slugger Sammy
36 Hammerhead parts
38 Society newcomer
40 "— the fields we go"
41 Some reddish deer
43 Chopped down
45 Islamic decree (Var.)
47 Swiss canton
48 Past
49 Foul play
54 Twosome
55 Bay window
56 Genetic stuff
57 Moray, for one
58 Lipstick alternative
59 Morning moisture

Down

1 Tax pro, for short
2 Jazz style
3 Knight's address
4 Illinois city
5 Raging fire
6 Life story
7 Food-poisoning bacteria
8 Remove calcium from
9 Traditional
10 Versifier
11 Glitch in print
16 Somewhat (Suff.)
20 Dines
21 Bivouac
22 Notion, in Nantes
23 Nail gun, e.g.
27 Young fellow
29 "Got it"
30 Hallmark item
32 Winter forecast
34 Shows to be false
37 Veteran sailor
39 Emeralds, e.g.
42 Laverne's pal, familiarly
44 Back talk
45 Lose color
46 Chills and fever
50 City of Brazil, for short
51 Peculiar
52 Individual
53 Legislation

▶ Yesterday's answer

Sudoku

	7	8				6		
			5	4				1
2					6			4
		6	7		2		9	
	5			1			3	
	9		6		8	1		
7			3					2
5				6	9			
		3				4	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tanochie, Wishing you a very happy birthday today! 5 more weeks until we become one, and I can't wait! I love you today, more than yesterday, but not more than tomorrow!
FROM YOUR FUTURE HUSBAND LINNIE

Red&BlackCheckeredShirt Take care; fait attention. Personnes noire nous regardez. I am happy. I feel good. I am ok. I miss you. Goodnight. Big hug! xo
FROM YOURSHYGIRL

Someone needs a doctor Pls get yrself checked or stop playing with emotions - whichever is applicable. There r plenty of good docs out there. GO!
FROM FREE ADVICE,

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 15° Max 19°	Min 12° Max 23°	Min 11° Max 22°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are advised to give your feelings free rein today.

♉ Taurus April 21-May 21 You are in two minds about how to deal with someone who has let you down.

♊ Gemini May 22-June 21 Be warned: if you fall out with important people it could cost you dear.

♋ Cancer June 22-July 22 Anyone who stands between you and your objective today is going to wish they had been a little less brave

♌ Leo July 23-Aug.23 You may feel sorry for a friend who is in trouble but they don't need your sympathy

♍ Virgo Aug. 24- Sept. 22 A partner or loved one has behaved badly towards you but you must not behave badly in return

♎ Libra Sept. 23-Oct. 23 The only way to get what you want today is to give a partner or colleague what they want first

♏ Scorpio Oct. 24-Nov. 22 Everyone will be impressed by your leadership qualities today

♐ Sagittarius Nov. 23-Dec. 21 Your financial situation may not be as healthy as you would wish but neither is it the end of the world

♑ Capricorn Dec. 22-Jan. 20 Affairs of the heart will take center stage

♒ Aquarius Jan. 21-Feb. 18 If you need to tackle problems of a financial nature now is the time to get serious about it

♓ Pisces Feb. 19-March 20. Few people have the courage to stand up to you, but that is not an invitation to trample on their feelings

Caption contest

SLAMET RIYADI/ THE ASSOCIATED PRESS

"I really hate it when they bathe me while I am asleep"
VIPIN

SHUJI KAJIYAMA/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Can I still buy a new townhome in McKenzie Towne?
Yes.
mosaicmirage.com
Mosaic Mirage in McKenzie Towne

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OVER 500 USED VEHICLES ONLINE AT SHAWGMC.COM!

2011 Ford F150 Raptor

SuperCrew, Loaded!

$439 B/W[2]

$59,995

STK# P9533

SCAN FOR DETAILS

2010 Chevrolet Impala LS

Auto, Power locks, windows, mirrors

$107 B/W[2]

$15,995

STK# P9606

SCAN FOR DETAILS

2009 Chev Silverado 1500

LT, Extended Cab, 4x4

$155 B/W[1]

$19,995

STK# A2993

SCAN FOR DETAILS

2009 Chev Silverado 1500

Extended Cab, 4x4

$156 B/W[1]

$19,995

STK# A2993

SCAN FOR DETAILS

2005 GMC Envoy

Power Windows & Locks, Seats 7

$97 B/W[3]

$11,495

STK# P9470

SCAN FOR DETAILS

2007 Ford Escape

Limited, Leather, Sunroof

$141 B/W[3]

$15,995

STK# P9470

SCAN FOR DETAILS

2010 Cadillac SRX

Premium, Loaded!

$361 B/W[2]

$49,995

STK# P9486

SCAN FOR DETAILS

2008 Honda Pilot LX

Automatic, Third row seating!

$190 B/W[2]

$24,995

STK# L110367A

SCAN FOR DETAILS

2010 Chevrolet Impala LS

Automatic, Power Windows/locks

$123 B/W[2]

$15,995

STK# P9605

SCAN FOR DETAILS

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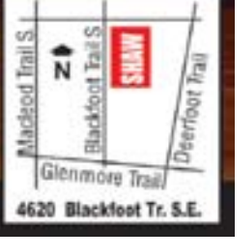

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